

Welcome to the County of Brant Senior's Newsletter, just for seniors! This monthly newsletter will keep you up-to-date with what's happening in our fabulous communities for residents 55+.

Summer Newsletter

Welcome to the Summer Edition of the County of Brant Seniors Active Living Newsletter.

As the sun shines brighter and the days grow longer, it's time to embrace the vibrant spirit of summer in the County of Brant. In this edition, we're thrilled to continue our mission of providing an abundance of opportunities for seniors to stay active, engaged, and connected within our community.

From outdoor activities to Music in the Park, fitness classes and workshops, there's something for everyone to step out, explore, and make the most of this beautiful season. Grab your sun hat, lather on the sunscreen, and let's embark on a summer filled with adventure and fun in the County of Brant!

Upcoming Programs, Workshops and Events

Chair Yoga

Date:	Time	Location	Fee	Activity #
Mondays, July 8 - August 19	10:00 am - 11:00 am	Airport Community Centre	\$48.00	6652

Yoga in the Park

Date:	Time	Location	Fee	Activity #
Wednesdays, July 3 - August 21	9:00 am - 10:00 am	Bean Park, Paris	\$64.00	6654

Stretch & Strength

Date:	Time	Location	Fee	Activity #
Wednesdays, July 3 - August 21	9:30 am - 10:30 am	Syl Apps Community Centre	\$64.00	6653

Tree Walk and Pruning Workshop with Trent Meyers

Join ISA Certified Arborist Trent Meyers for this casual informative event about trees in an urban environment. Learn the importance of a healthy urban forest, common species found in the County of Brant, common tree issues to look out for, invasive species and ending with pruning demonstration on how to properly prune trees.

Date:	Time	Location	Fee	Activity #
Friday, July 19	9:30 am – 11:30 am	Jacob's Woods Park, St. George	FREE	6985

Paris Community Pool Schedule

Program	Day	Time	Fee
Aqua Yoga	Fridays	8:15 am – 9:15 am	\$8.00 or \$80.00/10 visit pass
Aqua Zumba	Monday & Wednesday	8:15 am – 9:15 am	\$8.00 or \$80.00/10 visit pass
Senior Swim	Friday & Saturday	9:30 am – 10:30 am	\$3.00/ per visit
Lane Swim	Tuesday & Thursday	7:45 am – 9:15 am	\$4.00 or \$36.00/ 10 visit pass

For more information on Aquatics, please visit www.brant.ca/Aquatics

County of Brant 55+ Community Dance – SAVE THE DATE

The County of Brant will be hosting a community dance in the Fall. Stay tuned for more details and information on how to purchase a ticket.

Date:	Location	Fee
Friday, October 4	Syl Apps Community Centre	Stay tuned

How to Register?

Online: Register online today by visiting www.brant.ca/COBConnect

In-person: Register in-person at the Brant Sports Complex (944 Powerline Road, Paris)
Monday - Friday from 8:30 am - 8:00 pm

Need assistance with registering? Call 519.442.1944.

Customer service hours are Monday to Friday from 8:30 am - 4:30 pm

Stay tuned for more great workshops + programs happening this Fall!

Upcoming County of Brant Library Programs and Events

Check out the great things happening this Summer with the County of Brant Public Library! To view the full calendar of events and to register for events, visit www.brantlibrary.ca or contact the library directly at 519.442.2433

Summer Heritage Fair

- Friday, July 12 – 1:00 pm – 4:00 pm at Bell Homestead – 94 Tutela Heights Road, Brantford, Ontario

Art in the Park (various times)

- July 25 – 9:30 am – 11:30 am at Lions Park, Paris
- August 1 – 9:30 am – 11:30 am at Sunny Hill Park, St. George
- August 8 – 9:30 am – 11:30 am at Burford Community Centre
- August 15 – 2:00 – 4:00 pm at Optimist Park, Scotland
- August 22 – 9:30 am – 11:30 am at Lions Park, Paris

Historical Walking Tour

- Friday, August 16 – 2:00 pm – 3:30 pm at Paris Museum & Historical Society

DIY Bee Feeder

- Thursday, August 22 – 6:30 pm – 7:30 pm at County of Brant Library – Scotland-Oakland Branch, 281 Oakland Road, Scotland

What else is happening in Brant?

Brant Outdoor Active Adults Walk

Join the [Brant Outdoor Active Adults](#) (formally Brant Pedalars and Paddlers) for a walk in Barkers Bush, Paris, Meet the group at the Wincey Mills Parking lot, Walk is approximately 1.5 hours and is a great way to meet new people and get some exercise!

Date:	Time	Location	Fee
Every Monday	8:30 am start	Wincey Mills – parking lot	FREE

Pickleball in the County of Brant – Where to play?

- **Sunny Hill Park – St. George**
1 court available outlined on the basketball court. There is a portable net onsite.
- **Optimist Park – Paris**
1 court available outlined on the basketball court. A portable net, paddles & balls can be borrowed from the County of Brant Library. Visit www.brantlibrary.ca for more information.
- **Mount Pleasant Park – Mount Pleasant**
2 courts available
- **Dawdy Park – Paris**
3 courts available. These courts are reserved Monday to Friday from 8:00 am – 11:00 am. A pass is required to join the 55+ Paris Pickleball Group. The group is currently at capacity; however, we encourage you to add your name to the waitlist for more spots opening up. To join the waitlist, visit www.brant.ca/cobconncet and register using the Activity #6631.
- **St. George Tennis Court – St. George**
2 shared court available. A key must be purchased, for more information visit www.brant.ca/pickleball

Music in the Park

Music in the Park returns this summer! Join us on Tuesday evenings throughout the County of Brant parks for FREE outdoor entertainment. Each week, enjoy performances by local artists in diverse outdoor settings. Don't forget to bring your lawn chair!

For full listing on dates and locations visit, www.brant.ca/InYourCommunity

Roller Tuesdays

Skate:	Date:	Time	Location	Fee
Family Skate (all ages)	Tuesdays (April 16 – August 13)	6:00 – 7:30 pm	Burford Community Centre	\$3.25/ per person
Adult Skate (16 yrs. +)	Tuesdays (April 16 – August 13)	7:30 – 10:30 pm	Burford Community Centre	\$7.50/ per person

St. George Lawn Bowling Club

St. George Lawn Bowling Club welcomes all new bowlers to come out and give lawn bowling a try and offer free learn to lawn bowl sessions.

Contact the club via email at info@stgeorgelawnbowling.ca

Check out their website and club calendar at www.stgeorgelawnbowling.ca

Paris Lawn Bowling Club

Construction continues at the Wilkin Family Community Centre, home of the Paris Lawn Bowling Club. Things may look a little chaotic right now but we are still bowling Tuesday and Thursday evenings from 7 - 9pm. If you've never tried lawn bowling before, no problem, come out one evening to try it for free. We are located at 169 Grand River Street North, across the street from the Presbyterian Church.

For more information, visit their website at www.parislawnbowlingclub.ca

Grand River Council on Aging

Retirement Planning and Transferring Wealth to the Next Generation

The Grand River Council on Aging invites you to join David Malyga as he shares steps to take when planning for retirement and creating wealth transfer strategies.

- Wednesday, July 24, from 10:00 a.m. to 11:00 a.m.

To register for this free virtual workshop email admin@grcoa.ca or call 519 754-0777 ext. 439.

Giving Back In our Community!

Fill a Backpack

In partnership with the Salvation Army Brantford and Paris Community & Family Services, the County of Brant is looking for donations for the 2024/2025 school year. Your donations help many families in need with backpacks, supplies and more!

Donations will be accepted at the Brant Sports Complex (944 Powerline Rd. Paris) or contact Lisa Koekoek at 519.442.7268, lisa.koekoek@brant.ca or Heather Slot heather.slot@brant.ca, to make arrangements for drop off.

Adult Recreation Therapy Centre

The Adult Recreation Therapy Centre has remote and in person volunteer opportunities available. For more information please contact them directly at 519.753.1882 or email admin@artc.ca

Looking to have something featured in this publication?

Do you have a group or upcoming event and you would like to be featured in this publication? Please email heather.slot@brant.ca, and feel free to pass this information along to anyone who may be interested.

If you do not want to receive this monthly newsletter, please respond with UNSUBSCRIBE and your name will be removed from the mailing list.

County of Brant Recreation Services
www.brant.ca/Recreation

Call 519.44BRANT (519.442.7268) / 1.855.44BRANT (1.855.442.7268)

Email us at parksandrec@brant.ca

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